



Building Blocks for Deeper Connections

Signs of Individuation

Traits of a Healthy Self-Relationship

By Renée Siegel

- ✚ I do not need to intimidate others to get my needs met.
- ✚ I know my ego will soften with self-compassion and genuine curiosity.
- ✚ I can identify and am aware of my own needs and share them with those I love.
- ✚ I appreciate my personal standards and values.
- ✚ I can stand my ground if I do not see eye to eye with another. I listen to others experiences of me, but do not lose myself in their opinions.
- ✚ I balance work and play.
- ✚ I understand and provide self-care that works for me.
- ✚ I know what it means to have reflective time and take it.
- ✚ I can be sensitive and accept myself for my sensitivity.
- ✚ I can say no to another with a sense of personal agency.
- ✚ I realize that trusting my thoughts, beliefs and actions are important, knowing that I am not attached to them and can shift them as I learn to observe them as patterns and not me.
- ✚ I have my own goals and see them through.
- ✚ I flow with ease in the energy of giving and receiving.